

Sisseton-Wahpeton Oyate **First 1,000 Days Initiative**

Partners in Health

State Tribal Relations Events 2018

February 27, 2018



**Great Plains Tribal
Chairmen's Health Board
(GPTCHB)**

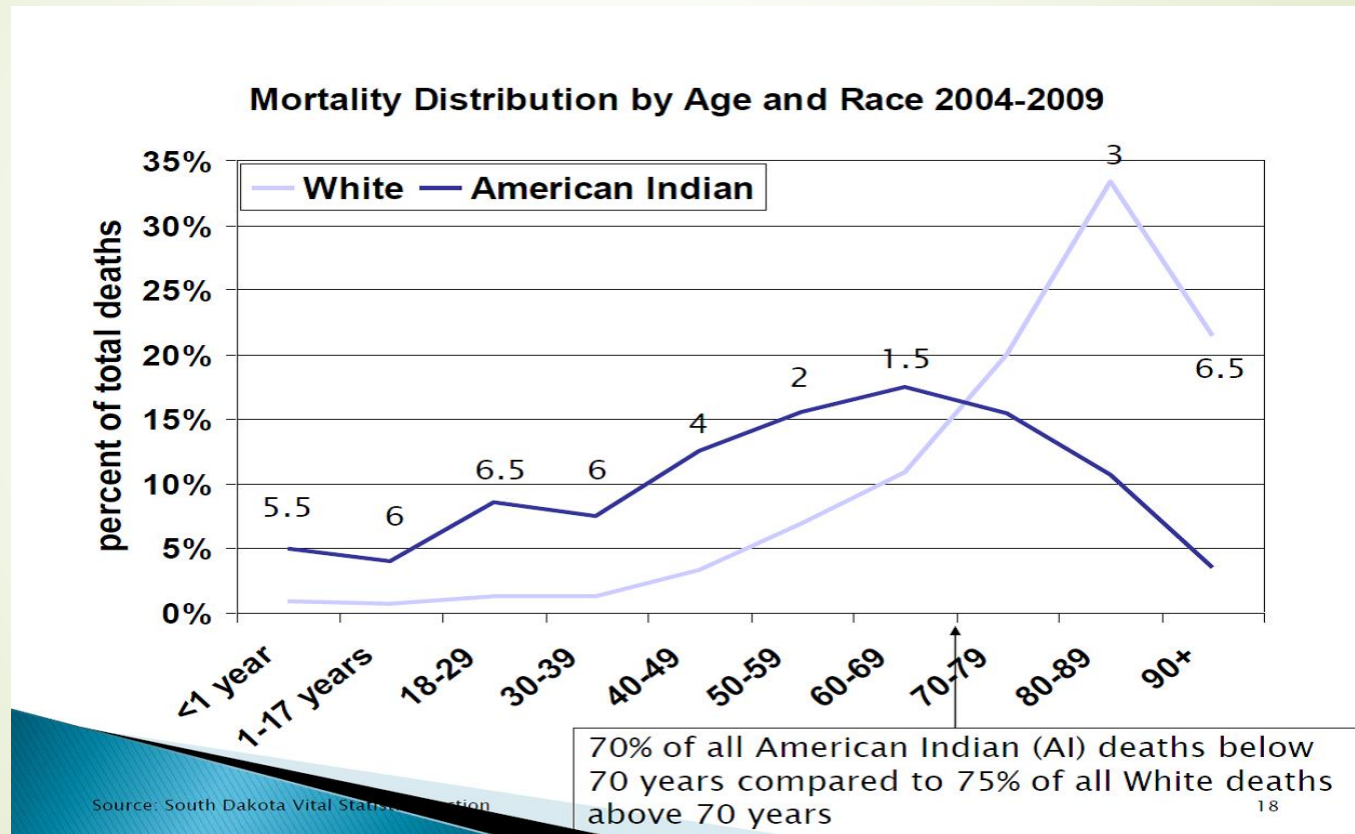


**Sisseton-Wahpeton Oyate
of the Lake Traverse
Reservation (SWO)**



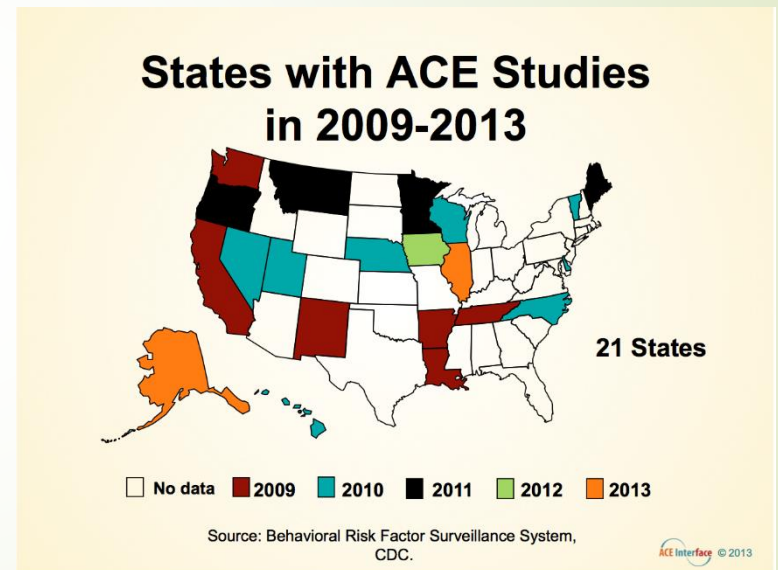
**South Dakota
Department of Health**

Started with GPTCHB-hosted meeting held with SD Department of Health, March 2011, which included this slide



What is the Adverse Childhood Experience (ACE) Study?

- Centers for Disease Control & Prevention (CDC) and Kaiser Permanente Collaboration
- Over decade long, 17,000 people involved
- Looked at effects of adverse childhood experiences over the lifespan
- Largest study ever done on this subject



What are ACEs?

Abuse

Emotional –
11%

Physical – 28%

Sexual – 21%

Neglect

Emotional –
15%

Physical – 10%

Abandonment

Lost a parent
due to
separation or
divorce – 23%

Household
member in jail
or prison - 5%



What are ACEs

Domestic Violence

Witnessed their mother being treated violently – 13%

Alcohol and Drug Abuse

Grew up with someone in the household abusing alcohol or drugs – 27%

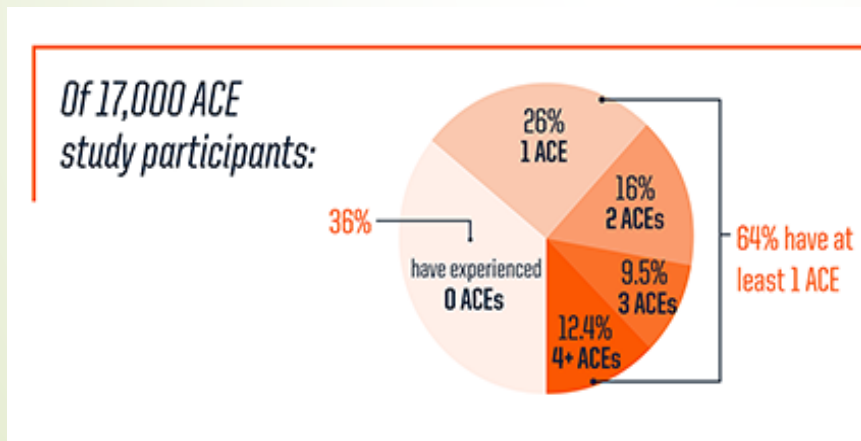
Mental Illness

Grew up with a mentally ill person in the household – 19%

“Greatest public health discovery of our time”

Findings of the ACE Study

- 64% of participants had experienced at least one stressful childhood experience.
- 22% had experienced 3 or more categories of childhood trauma, or Adverse Childhood Experiences (ACEs).



Correlation of ACEs and Lifelong Health

Toxic Stress caused by childhood trauma



Disrupted neurodevelopment



Maladaptive Behavior

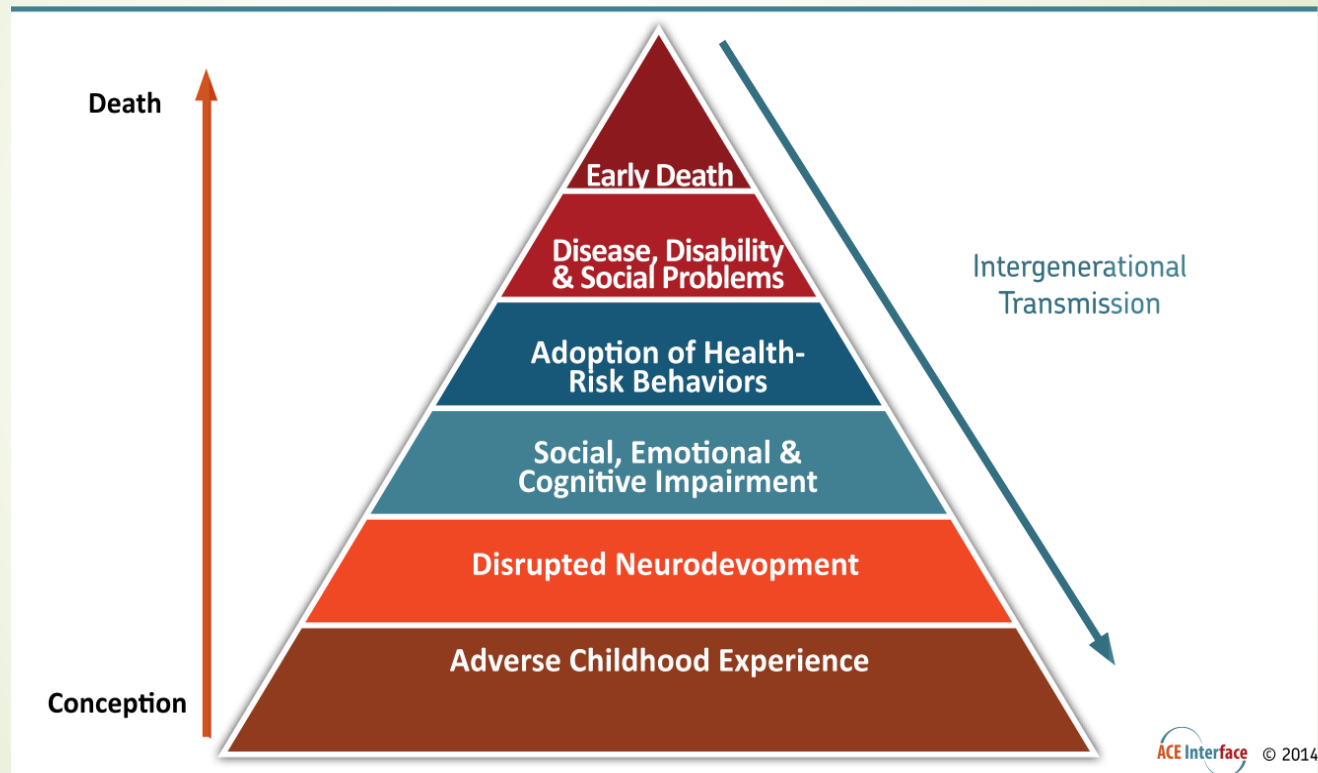


CHRONIC DISEASE

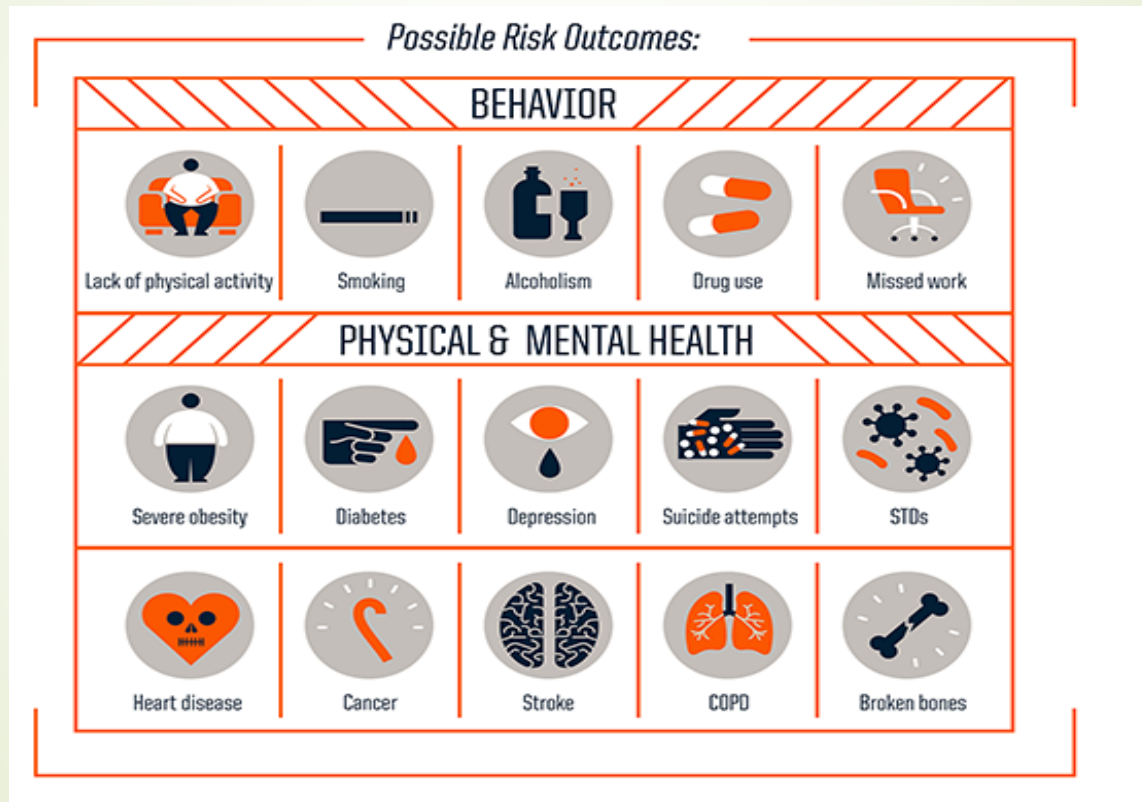


EARLY DEATH

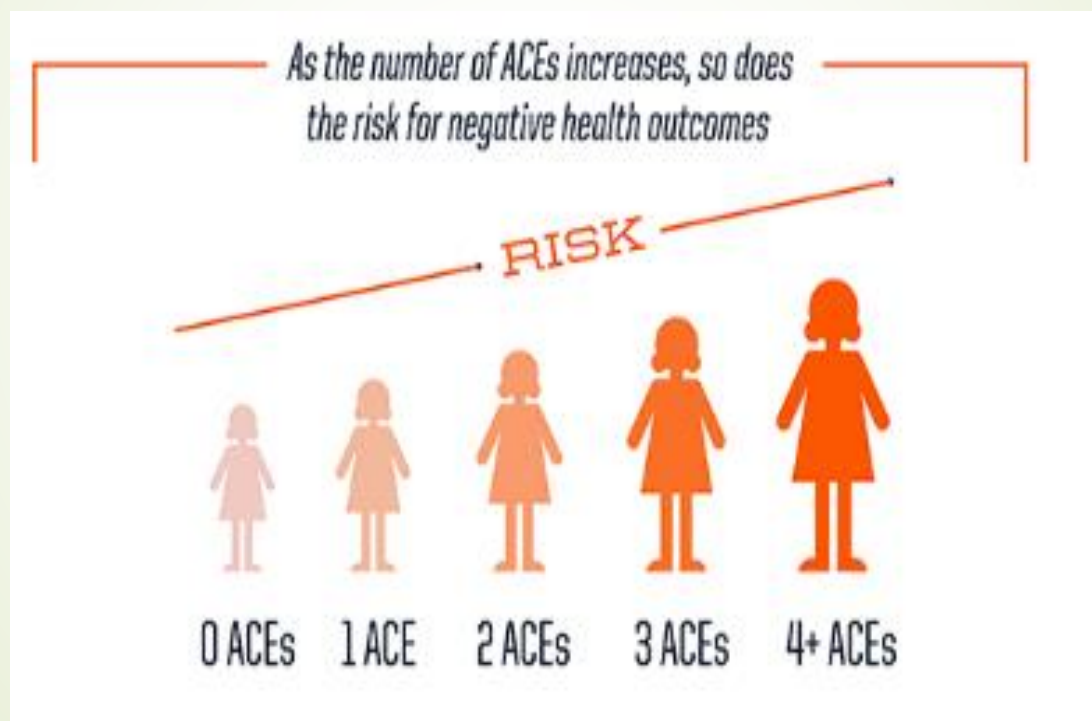
Correlation of ACEs and Lifelong Health



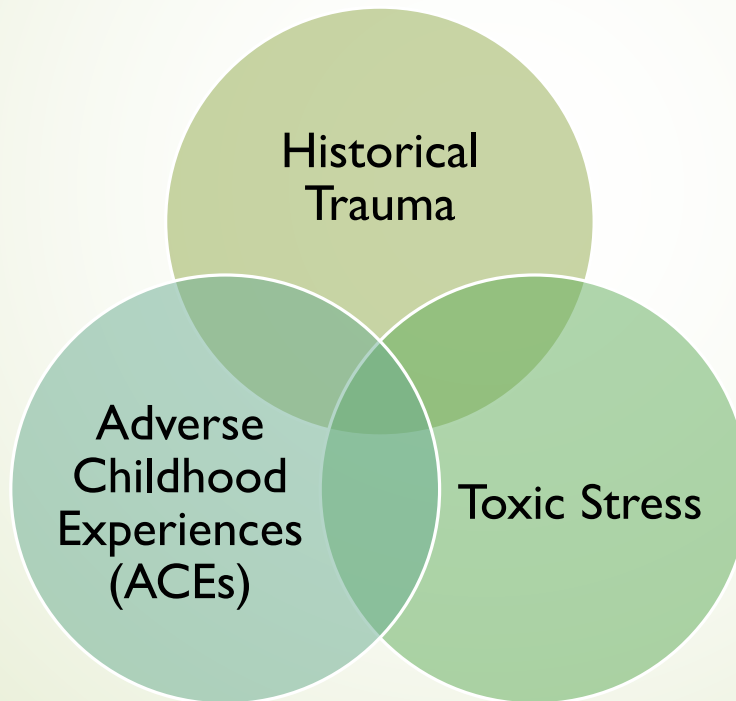
The more ACEs experienced in childhood, the greater the likelihood of experiencing . . .



WHAT IMPACT DO ACEs HAVE?



Biology of Stress: *The ACEs model helps to understand how trauma is transmitted intergenerationally*





Biology of Stress: The grim toll of ACEs

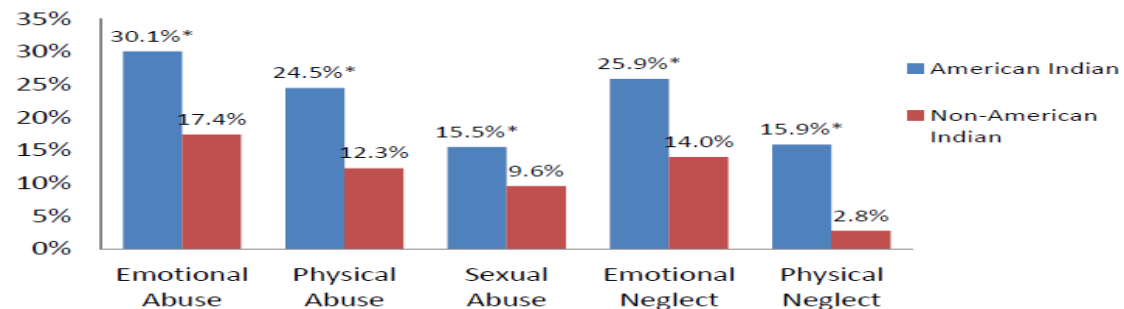
Premature Death:

- The median age of death was 79 for all South Dakotans (2012-2016)
 - For white residents the median age was 81 years
 - For American Indians the median age was 58 years
- SD Department of Health Website
<http://doh.sd.gov/Statistics/2016Vital/default.aspx>

Focus on South Dakota: A Picture of Health Survey (2014)

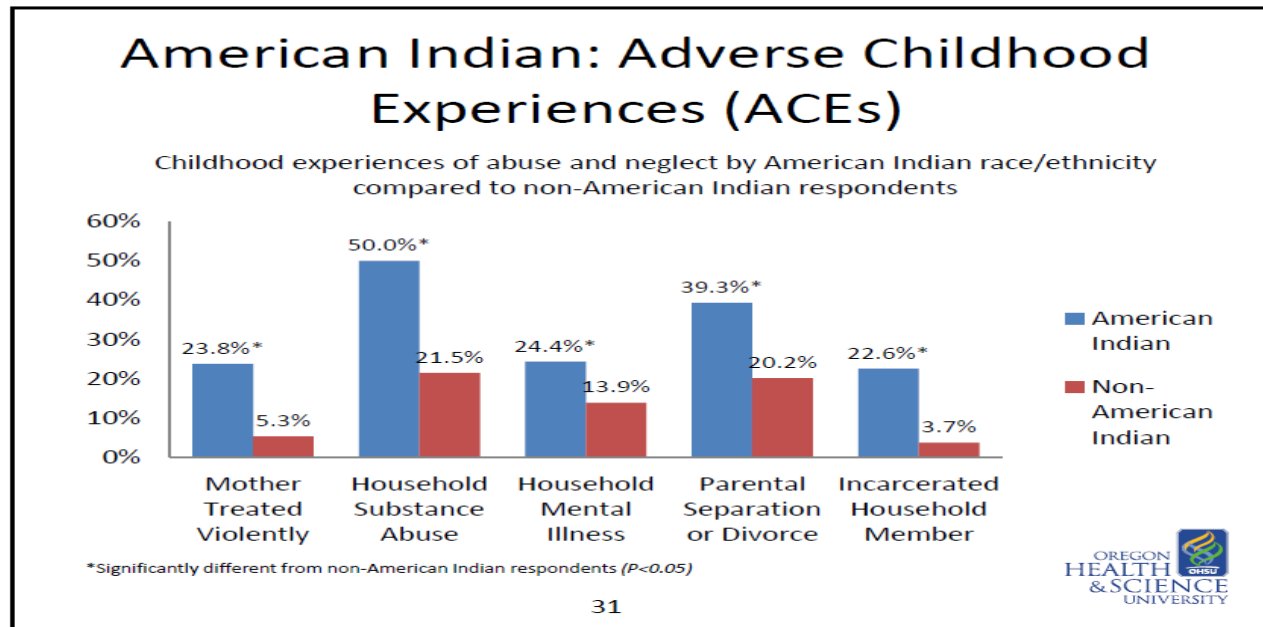
American Indian: Adverse Childhood Experiences (ACEs)

Childhood experiences of abuse and neglect by American Indian race/ethnicity compared to non-American Indian respondents



*Significantly different from non-American Indian respondents ($P < 0.05$)

Focus on South Dakota: A Picture of Health Survey (2014)



Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation

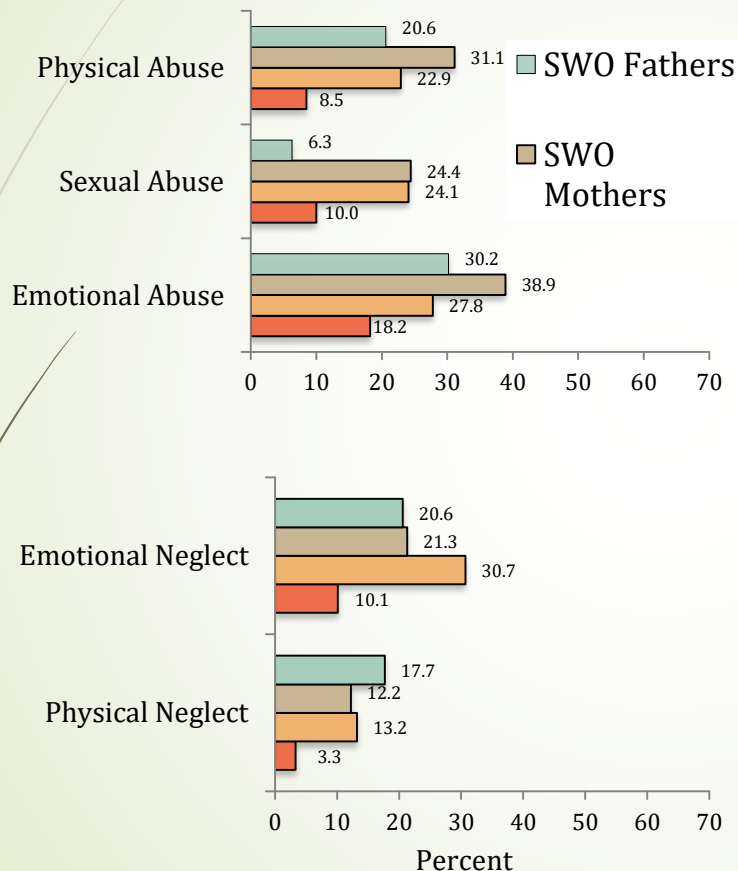
Sara DeCoteau, Bonny Specker, Ph.D.,
Sherry Johnson, Ed.D., Teresa Binkley, Ph.D., Tianna Beare,
Audrey German, Peggy Peters, & Maggie Minett
Sisseton-Wahpeton Oyate & South Dakota State University



*Funded through the Sanford Collaborative
Research Center for American Indian
Health Pilot Grant 2015 from the
National Institutes of Health, Minority
Health & Health Disparities Research,
Federal Award No. 5U54MD008164-04*



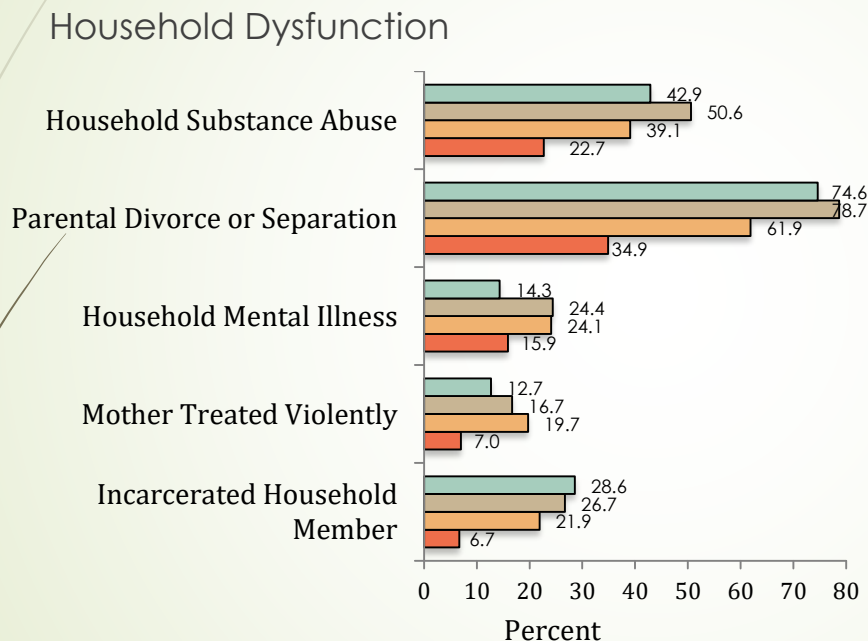
What we learned about ACEs in South Dakota



- SWO mothers were more likely to experience physical & emotional abuse before their 19th birthday than SWO fathers, SD American Indian mothers or SD White mothers.
- Nearly two out of five SWO mothers have been emotionally abused.
- Nearly one in four SWO mothers and SD American Indian mothers have been sexually abused before their 19th birthday.

Results are from the South Dakota Pregnancy Risk Assessment Measurement System (PRAMS) 2014 and the SWO Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation 2015

What we've learned about ACEs in South Dakota



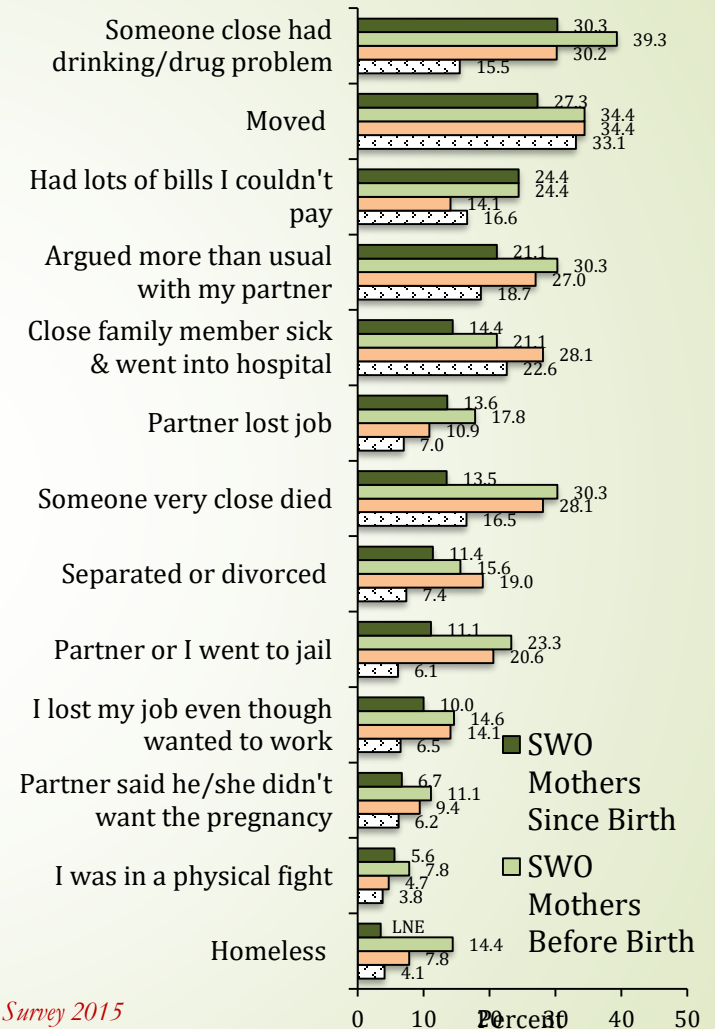
- The most frequent forms of household dysfunction were parental divorce/separation & household substance abuse.
- Over one in four SWO fathers & SWO mothers experienced before their 19th birthday having a household member incarcerated.

Results are from the South Dakota PRAMS 2014 and the SWO Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation 2015

Stressful Events During the Birth Year

- Stressful events during the year before the birth occurred more frequently for SWO mothers and SWO fathers compared to SD mothers in the 2014 PRAMS-like survey (statewide estimates).
- The **most common stressors** during the 12 months before birth & since birth were: (1) someone close to the mother had a problem with drinking or drugs; (2) moved to a new address; (3) arguments occurred more than usual with partner; and (4) someone very close died.

Results are from the South Dakota PRAMS 2014 and the SWO Pregnancy Health Survey 2015



Stressful Events During the Birth Year

Drinking or drug problem

- Four out of ten SWO mothers
- 30% of SWO fathers

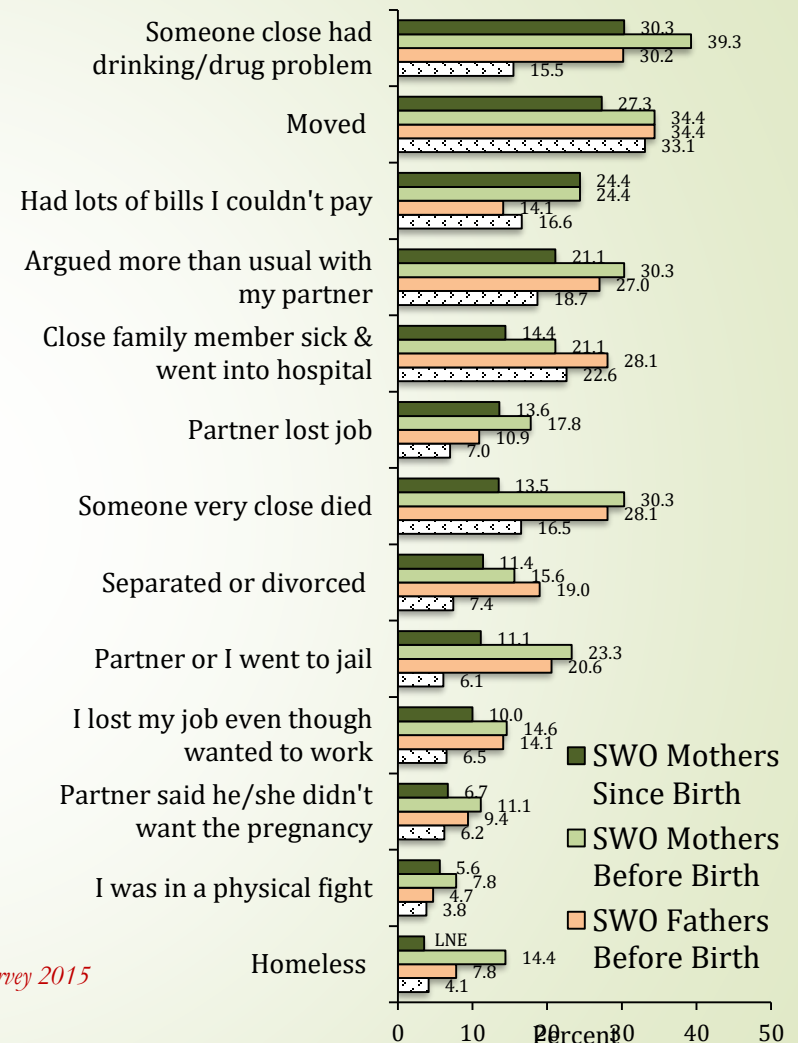
Household member that is incarcerated.

- 23% of SWO mothers b4 birth
- 11% had since birth.
- 21% of SWO fathers before birth.

Divorce / Separation

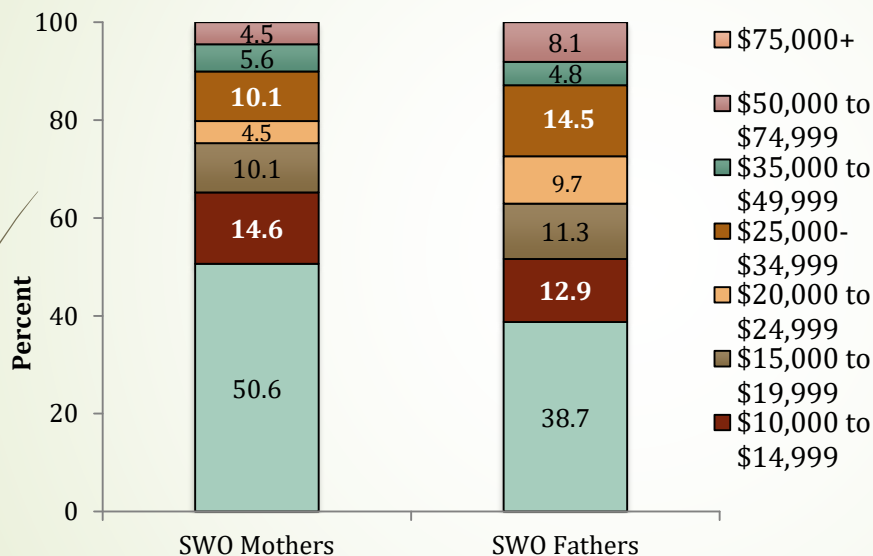
- More than one fourth of SWO mothers separated or went through divorce

Results are from the South Dakota PRAMS 2014 and the SWO Pregnancy Health Survey 2015



Other Stressor: Poverty

Household Income Before Taxes for Mothers & Fathers



Half of SWO Mothers stated their annual income during the birth year was less than \$10,000

Results are from the South Dakota PRAMS 2014 and the SWO Pregnancy Health Survey 2015

Median Number of People Dependent

3

• *Three out of four (75%) of SWO mothers had household income levels below the Federal Poverty Level.*

• *Approximately 72% of SWO fathers had household income levels below the Federal Poverty Level.*

Does this mean children with ACEs are doomed? **NO!**

➡ **EQUATION TO REMEMBER:**

Strong, Frequent,
Prolonged Exposure to an
Adverse Experience

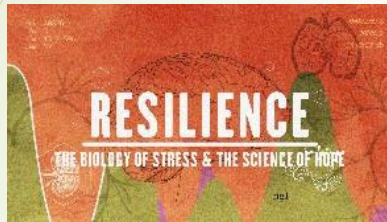
+ No Adult Support

= Toxic Stress

Relationships matter!

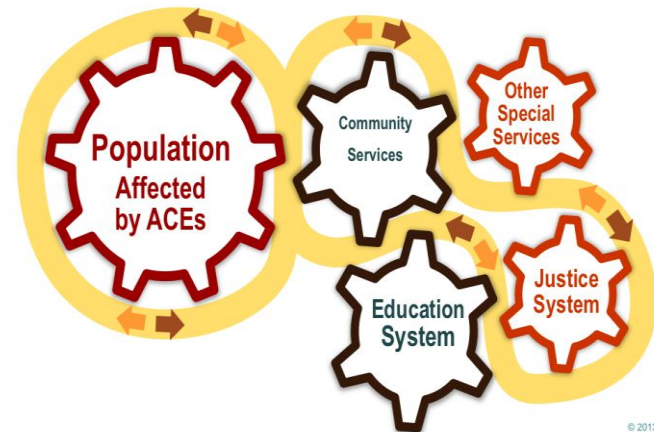


Science of Hope: PEOPLE ARE RESILIENT!



“We need to put to bed forever the sense that children who are born under disadvantaged conditions circumstances are doomed to poor life outcomes. Science is saying that is not true,”
Dr. Jack Shonkoff, Harvard University

Building Self-Healing Communities



“Why are we waiting for them to fall apart?” Dr. David Johnson, Clinical Psychologist

SWO First 1,000 Days Initiative

As authorized by Tribal Council Resolutions SWO-11-025 and SWO-13-033, SWO collaborated with the Great Plains Tribal Chairmen's Health Board (GPTCHB) in submitting proposals to support the First 1,000 Days Initiative. GPTCHB was awarded two grants from the Health Resources and Services Administration:

- *“Early Childhood Comprehensive Systems: Building Health Through Integration”* (for which the Lake Traverse Reservation was the one implementation site in years 2013-2016)
- *“Healthy Start Initiative: Eliminating Disparities in Perinatal Health Grant”* (of which the Lake Traverse Reservation is one of seven project sites (2014-2019).

Interagency Forum Forming (March 19-20, 2014)



Themes Emerging



- **Community Education & Development**
- **Dakota culture & language preservation and revitalization**
- *Elder empowerment to mentor & preserve culture*
- **Natural supports development**
- *Professional education and development*
- **Services Enhancement**
- *Teamwork Networking & Collaboration*

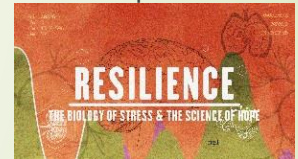
Formation of the First 1,000 Days Initiative

- ▶ Participants were interested in development of an **interagency coalition** -- which has been meeting monthly since April 2014
 - ▶ Our Mission: *Creating collective Impact in the first 1,000 days for healthy, resilient families on the Lake Traverse Reservation*
 - ▶ Our Vision: *Promoting Healthy Families and Children.*



About the First 1,000 Days Initiative Interagency Forum

- Community Action Plans
- Organizational Charter *(on website)*
- Website <http://swofirst1000days.com/>
- Resource Directory, mapping early childhood services *(on website)*
- Conference June 8-9, 2016 at Sisseton Wahpeton College & one-day, follow-up workshop September 8, 2016
- Community education and presentations, featuring the film Resilience
- Learning to be “trauma informed” *(on website)*
- Epi Aid on Maternal Substance Use During Pregnancy 2016 *(on website)*
- Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation 2016, PRAMS-like survey that included dads for the first time ever! *(on website)*



Sharing the Results of the Pregnancy Health Survey in a way that will Empower Families and Promote Resilience

Sisseton-Wahpeton Oyate
IHDUSAKA
Strengthening and preparing yourself for a child

Preparing yourself for a child includes taking the recommended multivitamins **before & during** pregnancy.

nearly **30%** of SWO mothers reported taking the recommended multivitamins during the month before their pregnancy

Don't wait until you're pregnant to start taking multivitamins!

COMMUNITY HEALTH EDUCATION
Holding Others, No Regrets

Information comes from the 2015 SWO Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation. swofirst1000days.com

Sisseton-Wahpeton Oyate
IHDUSAKA
Strengthening and preparing yourself for a child

FOLIC ACID is a B-vitamin that can prevent birth defects in the brain and spine & should be consumed **BEFORE & DURING** pregnancy

30% of SWO mothers knew why taking folic acid is important

SOURCES OF FOLIC ACID

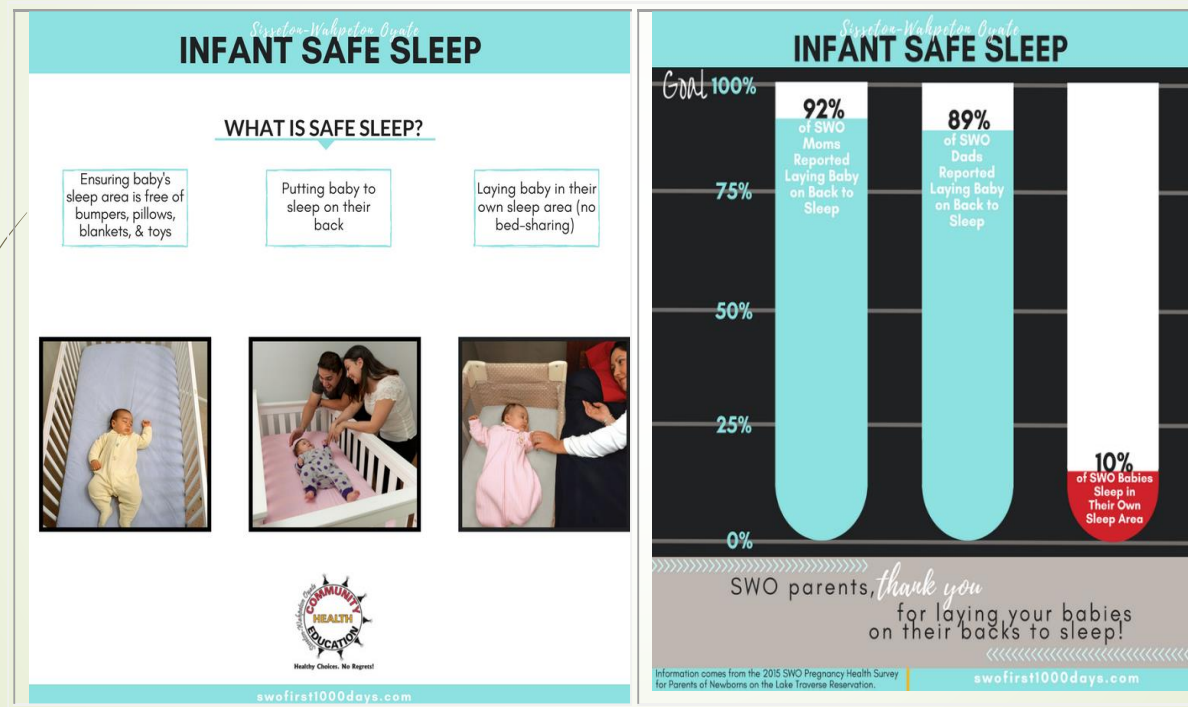
BROCCOLI, SPINACH, ROMANINE LETTUCE, BEANS, GRAPEFRUIT, ORANGES

Information comes from the 2015 SWO Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation. swofirst1000days.com

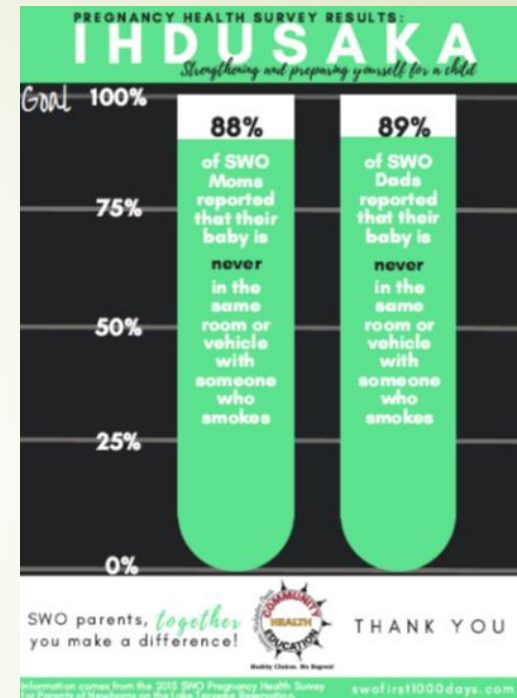
Nutrition –
before &
during
pregnancy

The theme of our community education campaign centers on the **Dakotah word for pregnancy - Ihdu's'aka** **"To Strengthen Oneself"** (Source: English to Dakota Dictionary, As Spoken by the People of the Sisseton-Wahpeton Oyate, Copyright© 2015 by SWO Publishing)

Sharing the Results of the Pregnancy Health Survey to Empower Families and Promote Resilience



For All infants 2012-2016 in South Dakota, **accidents** was the leading cause of death, and the most common cause noted was accidental suffocation and strangulation in bed.



For 2012-2016 in South Dakota the infant mortality rate for mothers who **smoked cigarettes** was double compared to those who did not smoke (11.64 compared to 5.68). This was true for post neonatal and postnatal infant deaths, but most dramatically for postnatal (5.68 compared to 2.06).

<http://doh.sd.gov/Statistics/2016Vital/default.aspx>

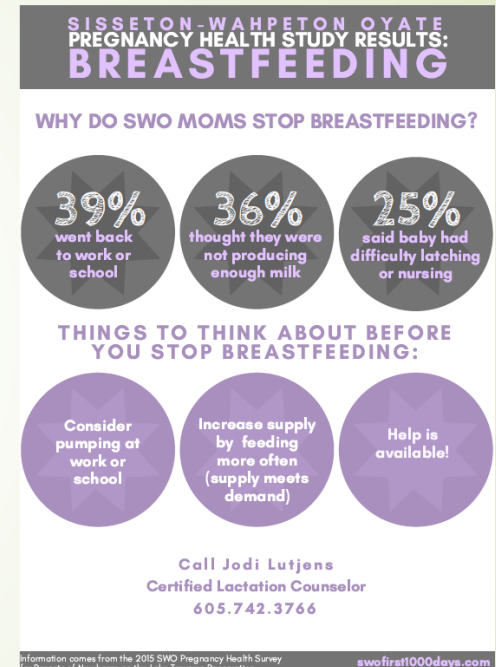
Infographs on Breastfeeding



Important information learned from SWO mothers is that 74% of the breastfeed and when SWO fathers were supportive, 91% did so!

Why did SWO mothers stop breastfeeding?

- 39% of moms went back to work
- 36% felt they were not producing enough milk
- 24% said they had difficulties with baby not "latching on"



In progress (from the Pregnancy Health Survey for Parents of Newborns on the Lake Traverse Reservation): **Infographs on Alcohol & Drug Use During Pregnancy and Adverse Childhood Experiences**

What you do



Choose Not To Use!

Billboard designed Audrey German, Sisseton Wahpeton Oyate Community Health Education Program



Next step / ask

SWO invites the South Dakota Department of Health to participate in a forum to digest the 2016 Epi-Aid on Maternal Substance Use During Pregnancy

Subaward from Great Plains Tribal Chairman's Health Board's National Institutes of Health grant to address Substance Use Disorders

- **Objective 1:** To host a forum for key stakeholders involved in the 2016 Epi-Aid on Maternal Substance Abuse During Pregnancy by early Summer 2018 in Watertown, South Dakota to review findings and identify strategies for collective impact follow-up and change.



Thank you for your inviting me to speak at the Partners in Health Event

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Please visit our First 1,000 Days Initiative Website:

<http://swofirst1000days.com/>